

News Release



In an effort to mitigate the spread of Covid-19 in our county and help reduce the strain that a high positivity rate puts on our communities resources the Guthrie County Public Health Department is issuing the following recommendations leading up the Thanksgiving holidays:

Community Recommendations:

- **Wear a mask**
 - Wear a mask with two or more layers to stop the spread of COVID-19.
 - Wear the mask over your nose and mouth and secure it under your chin.
 - Make sure the mask fits snugly against the sides of your face.
 - Remember that some people without symptoms may be able to spread COVID-19 or flu.

- **Stay at least 6 feet away from others who do not live with you**
 - Keeping 6 feet (about 2 arm lengths) from others is especially important for people who are at higher risk of getting very sick.
Wash your hands

- **Wash hands often with soap and water for at least 20 seconds.**
 - Keep hand sanitizer with you and use it when you are unable to wash your hands.
 - Use hand sanitizer with at least 60% alcohol.

- **School districts in Guthrie County should consider lengthening the time that students are away from school over the week of the Thanksgiving break. We recommend that all schools include Monday November 23rd and Tuesday November 24th to the days that students are not in person on campus. This would allow students and staff to remain at home with their families and away from others for 9 -10 days before and throughout the holidays.**

**** Decreasing the interaction of students and staff along with limiting interactions with non-household and family contacts will help to stop both asymptomatic and pre-symptomatic transmission****

- **Limit the number of interactions you have with people from outside your household on a daily basis and remain at home as much as possible.**
- **Stay home if you are sick with any illness. Contact Guthrie County Public Health department (833 833 4600) or healthcare provider for advice on how long to isolate.**

Thanksgiving/ Gathering Recommendations

- **Have a small outdoor meal with family and friends who live in your community.**
- **Limit the number of guests.**
- **Wear a mask, and safely store your mask while eating and drinking.**
- **Avoid going in and out of the areas where food is being prepared or handled, such as in the kitchen.**
- **Have conversations with guests ahead of time to set expectations for celebrating together.**
- **Clean and disinfect frequently touched surfaces and items between use.**
- **If celebrating indoors, make sure to open windows.**
- **Limit the number of people in food preparation areas.**
- **Have guests bring their own food and drink.**
- **If sharing food, have one person serve food and use single-use options, like plastic utensils.**
- **Do not have any guests over or attend any gathering if you have been sick within the last 10 days.**

No Single mitigation recommendation by itself will result in decreasing the spread of Covid-19, but together our community mitigation recommendations and Thanksgiving recommendations will help to decrease our daily cases and overall positivity rate.

Every recommendation that we have made and will continue to make is always made with the greatest concern to balance our mitigation efforts with the impact that they have on our community. We understand asking people to disrupt day to day life by asking them to stay at home when possible and avoiding larger gathering especially during the holidays is a hard ask. We also know that as a community working together, we can decrease the rising health threat that our community is seeing. Please do your part by following these recommendations to help us protect our families and friends by slowing the spread of Covid-19.